



*Cobb County...Expect the Best!*

## **Freeman Poole Senior Center**

### **Ongoing Activities**

Seniors (55+) are invited to participate in activities between 8:30am and 4:30pm.

***\*REQUIRES ADVANCE REGISTRATION***

#### **MONDAY THROUGH FRIDAY**

8:00 – 9:00 a.m. Poole Pacers (walkers) Daily  
8:30 a.m. – 4:30 p.m. Honor Library Daily  
8:30 a.m. – 4:30 p.m. Billiards Daily  
3:30 – 4:30 p.m. Poole Pacers (walkers)

#### **MONDAY**

9:00 a.m. Focus on Fitness\* Weekly  
9:30 a.m. – 3:30 p.m. Grand Slammers Bridge 2<sup>nd</sup> & 4<sup>th</sup> Monday  
10:00 a.m. Scrabble – 4<sup>th</sup> Monday  
11:00 a.m. West Metro GA Ambassadors 2nd Monday  
11:30 a.m. Mah Jongg Weekly  
1:00 p.m. Mellow Monday Bingo\* 4th Monday

#### **TUESDAY**

9:30 a.m. Yoga\* Weekly  
10:00 a.m. – 12:30 p.m. Covered Bridge Crafters Weekly  
10:30 a.m. – 11:30 a.m. Qigong\* Weekly  
12:30 p.m. Covered Bridge Woodcarvers Weekly  
1:00 p.m. Blood Pressure Check 3<sup>rd</sup> Tuesday  
1:00 p.m. – 4:00 p.m. Canasta Weekly  
12:30 p.m. Dominos Weekly  
2:00 p.m. Friendship Club 3<sup>rd</sup> Tuesday

#### **WEDNESDAY**

9:00 a.m. – 10:15 a.m. Focus on Fitness\* Weekly  
9:30 a.m. – 3:30 p.m. No Trumpers Bridge 1<sup>st</sup> & 3<sup>rd</sup> Wednesday  
10:30 a.m. – 12:30 p.m. Knitting\* Weekly  
10:30 a.m. – 12:00 p.m. Fun Dancers Weekly  
11:00 a.m. N.A.R.V.R.E Unit39 2nd Wed.  
1:00 p.m. Pinochle Weekly  
1:00 p.m. Wellness Series\* Monthly

**THURSDAY**

9:00 a.m. – 10:00 a.m. Yoga\* Weekly  
10:00 – 11:00 a.m. Senior Aerobics\* Weekly  
10:30 a.m. Northwest Metro AT &T Pioneers – 4<sup>th</sup> Thursday  
12:00 p.m. AARP Chapter #2858 Meeting 1st Thursday  
1:00 p.m. Canasta (Hand and Foot) Weekly

**FRIDAY**

9:00 – 10:15 a.m. Focus on Fitness\* Weekly  
9:00 a.m. – 10:00 a.m. Advanced Yoga\* Weekly  
10:00 a.m. Table Tennis/Ping Pong Weekly  
10:20 a.m. – 11:20 a.m. Senior Fitness\* Weekly  
11:45 a.m. – 12:45 p.m. Beginning Line Dance\* Weekly  
12:00 p.m. – 4:00 p.m. Crafty Ladies  
1:15 p.m. – 2:15 p.m. Intermediate Line Dance\* Weekly  
1:00 p.m. Pinochle Weekly  
8:00 p.m. – 11:00 p.m. Moonlight Dance 1st Friday Night